

I Claim:

1. A conduit holder, comprising:
 - a main body having a central channel extending therethrough, said channel being sized and shaped for receiving a portion of the conduit therein;
 - an upright support member secured to a bottom of the main body, said support member being configured for securing to a structural member.
2. The conduit holder of Claim 1, wherein said support member is adapted for supporting the main body and the conduit in an elevated position.
3. The conduit holder of claim 1, wherein said main body is adapted for rotational movement in relation to the support member.
4. The conduit holder of Claim 1, wherein said support member is provided with a plurality of openings to allow attaching of the support member to a structural member.
5. The conduit holder of Claim 1, wherein said main body has a generally arcuate configuration to accommodate cylindrical conduits positioned therein.
6. The conduit holder of Claim 1, wherein said support member has a pair of telescopically engaging parts to allow extension of the support member to a desired elevation.
7. A duct holder, comprising:
 - a main body having a generally U-shaped configuration and a central opening sized and shaped to accommodate a portion of the duct resting within the main body; and
 - an upright support member secured to a bottom of the main body, said support member being attachable to a structural member for supporting the main body and the portion of the duct in an elevated position in relation to a base surface.

8. The duct holder of Claim 6, wherein said support member has an elongated body and a plurality of openings formed in the elongated body to allow attaching of the support member to structural member at a pre-determined height in relation to the base surface.
9. The duct holder of Claim 6, wherein said main body is rotatably engaged with the support member.
10. The duct holder of Claim 6, wherein said support member has telescopically extendable portions to allow positioning of the main body at a desired elevated level.
11. A duct holder, comprising:
a main body with a central channel defining a receiving area for a portion of a duct; and
an upright support attachable to a structural member for supporting the portion of the duct in an elevated position in relation to a base surface without constricting air flow moving through the duct.
12. The duct holder of Claim 11, wherein said support member has telescopically extendable portions for adjusting elevation level of the main body in relation to the base surface.